

WHAT IS CLAIMED IS:

1 1. A method of optimizing a user's viewing of a viewing monitor to
2 minimize eyestrain, the method comprising:
3 displaying a test pattern;
4 identifying the test pattern by the user;
5 setting an appropriate viewing distance for the user based upon the
6 selection. a

1 2. A method of optimizing a user's viewing of a viewing monitor to
2 minimize eyestrain, the method comprising:
3 selecting an appropriate viewing distance;
4 monitoring the user's distance from the viewing monitor; and
5 notifying the user when the user varies from the appropriate viewing
6 distance.

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